

Women's Health Week Empowers Women to Make Their Health a Top Priority

By Natasha Kavanaugh

The Siletz Community Health Clinic helped kick off the 11th annual National Women's Health Week (May 9-15) by holding a Women's Health Day at the Tillicum Fitness Center in Siletz.

With a theme of "It's Your Time," the nationwide initiative encourages women

to take simple steps to live a long, healthier and happier life. It's sponsored by the U.S. Department of Health and Human Services, Office on Women's Health

The Women's Health Challenge encourages women to get at least two hours and 30 minutes of moderate-intensity aerobic physical activity each week.

The women were able to follow up and report progress at the end of May. Lindy Taylor, Community Health director, offers weekly lunches for additional support for such things as eating a nutritious diet, getting regular checkups and preventive screenings, avoiding risky behaviors (like smoking), as well as managing your mental health, getting enough sleep and managing stress.

"The goal is for everyone who starts the program to finish it," said Taylor.

So far, 20 women have committed

to eight weeks of setting and meeting personal physical goals.

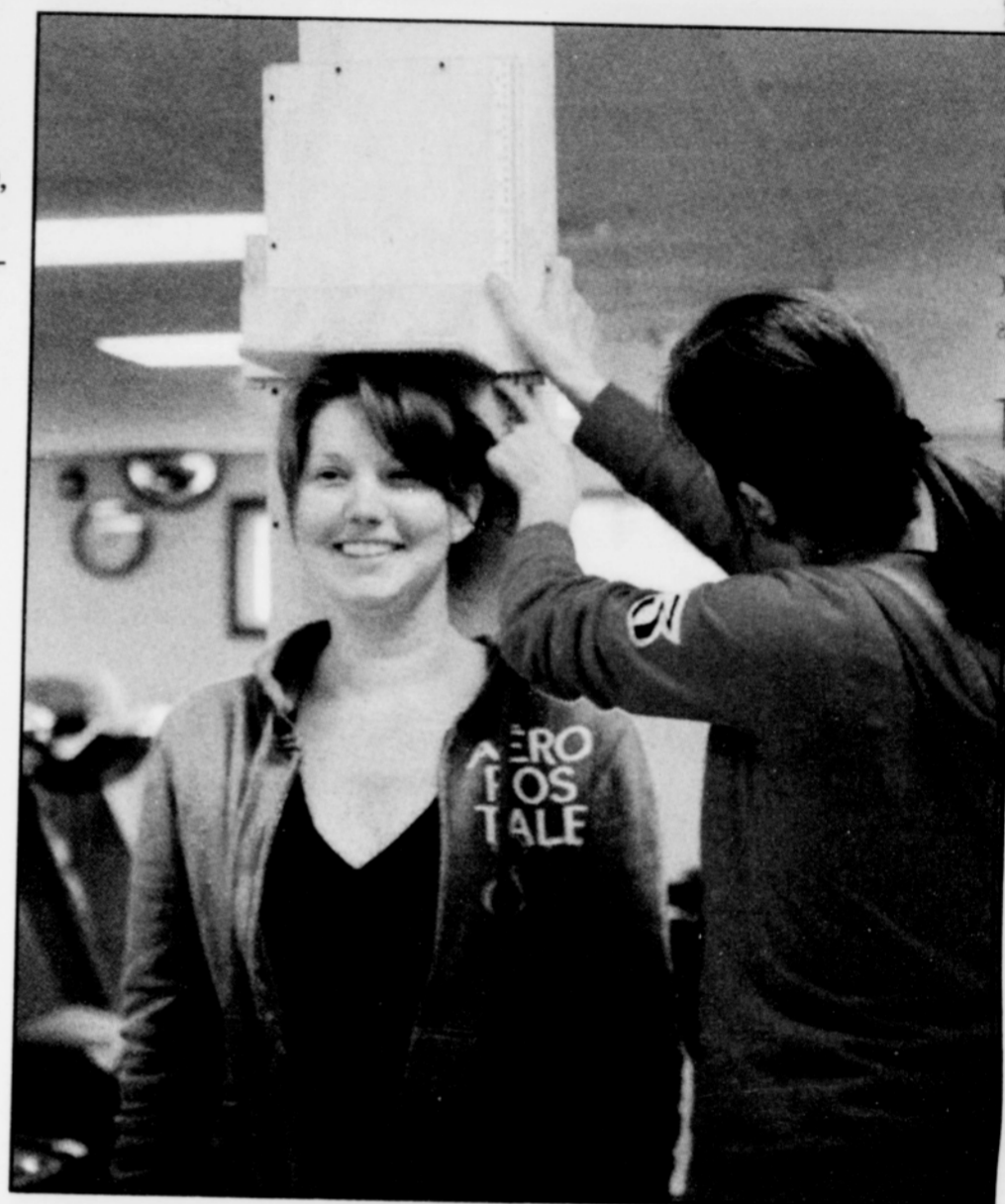
Misty Reed, dental assistant at the Siletz Community Health Clinic, joined to be fit and is looking forward to "losing inches rather than weight." Misty appreciates the support offered, especially "motivation more than anything."

You can still sign up and it's easy! Call Taylor at 541-444-9633 or 800-648-0449, ext. 1633, for more information. You also can register at www.womenshealth.gov/woman/register.



Photos by Natasha Kavanaugh

Darcy de la Rosa (right), Diabetes Program manager, helps women set up their accounts so they can get started with the Women's Health Challenge.



Lindy Taylor (right photo, right), Community Health director, takes measurements for Misty Reed.

STCCF Advisory Board Recruitment

The Siletz Tribal Charitable Contribution Fund Board currently is accepting applications from Tribal members for a three-year appointment beginning June 2010 through May 2013. Applications must be received before June 4, 2010.

The Siletz Tribal Charitable Contribution Fund Advisory Board currently is composed of seven members, including: Jessie Davis, Siletz Tribal Council representative; Cheryl Lane, Nicholle Kessinger and Kurt Arden, Siletz Tribal members; Karen Gerttula and Mike Holden, non-Tribal members agreed upon by the governor and Tribal chairman and approved by the Tribal Council; and Jim White, non-Tribal member selected by the Tribal chairman and approved by the Tribal Council from a list submitted by the governor.

The Board is composed of unpaid volunteers who receive travel reimbursement only for attendance at meetings and distributions. Other public relation events also are eligible for reimbursement.

The Advisory Board meets quarterly (January, April, July and October) to review approximately 100 applications received from charitable organizations or local governments within the Siletz Tribe's service area and American Indian entities or activities located anywhere in the United States for the following purposes: education, health, public safety, gambling addiction, prevention, drug and alcohol treatment, housing, the arts, the environment and natural resource preservation, cultural activities, historic preservation and other charitable purposes.

Tribal programs are not eligible to receive contributions pursuant to the Distribution of Net Revenues Ordinances and Memorandum of Understanding (MOU) between the State of Oregon and the Siletz Tribe.

Siletz Tribal Charitable Contribution Fund Advisory Board Member Application

Name: _____ Roll No: _____

Address: _____

City/State/ZIP: _____

Telephone: (Day) _____ (Evening) _____

E-mail: _____

Applications must be submitted by June 4, 2010, to be considered for appointment at the Regular Tribal Council meeting in June. If you have any questions, please contact Kelley Ellis at 800-922-1399, ext. 1227, or 541-444-8227; or via e-mail at kelleye@ctsi.nsn.us.

Maxie Kinney (photo below, left), personal trainer from the fitness center at Chinook Winds Golf Resort, shows Delina John how to correctly use the weight-lifting equipment.

